

Smoking & Mental Health

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Coordinator Cancer Prevention/Nicotine Dependence Program

The Tragic Toll...

- ▶ Life expectancy of persons with chronic mental illness is 25 years shorter than the general population – smoking is a major contributor
- ▶ Nearly half the cigarettes smoked in the U.S. (44–46%) are consumed by people with co-occurring psychiatric or addictive disorders.
- ▶ As many as 200,000 of the 443,000 annual deaths from smoking in the U.S. occur among persons with mental illness &/or substance abuse

Mental Illness

- “...defined as having had a diagnosable mental, behavioral, or emotional disorder, (excluding developmental and substance use disorders) of sufficient duration to meet DSM-IV diagnostic requirements.”

By The Numbers

- ▶ **19.9%** have some form of mental illness
- ▶ **36%** of adults with mental illness smoke cigarettes *compared to 21 % with no mental illness*
- ▶ **19.4%** with any mental illness
- ▶ **27.7%** of persons with any mental illness who smoke cigarettes *(compared to 19.1% with no mental illness)*

National Statistics

Maryland Statistics

Additional Hardships

- ▶ **Financial** – Many people who suffer from mental illness spend a large proportion of their income on tobacco products
 - ▶ **Social** – Stigma from behavioral health disorders, also find it difficult to integrate into communities and workplaces that no longer condone smoking
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Reasons Behind the Prevalence of Tobacco Use & Mental Illness

- ▶ Genetic
- ▶ Neurobiological
- ▶ Psychological
- ▶ Social
- ▶ Cultural
- ▶ Environmental
- ▶ Tobacco Industry



Solutions through Partnerships

- ▶ *“The Anne Arundel County Mental Health Agency (AACMHA) is dedicated to ensuring that Medicaid recipients and other low-income, non-insured county residents ... have access to a wide range of quality mental health services.”*
- ▶ AACMHA offers training & workshops for mental health professionals & clients, including:
 - Healthy Cooking/ Healthy Eating Habits
 - Health issues for the aging Behavioral Health population



ATTENTION: Providers, Clinics & Clients

ANNE ARUNDEL COUNTY MENTAL HEALTH AGENCY ALONG WITH

Anne Arundel Medical Center & Pathways *Promoting Healthy Lifestyles Leading to Individual Improvement of Health and Wellness*

Nutrition: "We Are What We Eat... 10 tips to build a Great Plate!" Ann Caldwell, RD, LDN, Nutrition Coordinator will discuss how meal portions can be adjusted while still getting all the nutrients needed without excess calories.

Cancer Prevention: "Reducing Cancer Risk with Healthy Lifestyle Choices" Joanne Ebner, RN, BSN, TTS, Cancer Prevention Program Coordinator will discuss the tremendous impact lifestyle choices have on reducing (or increasing) our risk of developing cancer, with a special focus on tobacco use/cessation.

Heart Health: "Recognizing the Early Warning Signs of a Heart Attack" Toni Schiller, RN, Cardiac Program Coordinator. The primary goal of Early Heart Attack Care is to promote public awareness that heart attacks have "beginnings" that can occur weeks before the actual attack. EHAC focuses on intervention during these beginnings to help prevent acute myocardial infarction (heart attack) and cardiac arrest and stresses the importance of calling 911 if you suspect a heart attack.

Substance Abuse Prevention: "Effects of Alcohol on Physical and Mental Health" Amanda Larkins, MS, Prevention Education Coordinator at Pathways Alcohol and Drug Treatment Center. Will also provide information about the dangers of mixing alcohol with other drugs and the importance of taking medication(s) properly.

Physical Activity: "Building Physical Activity into Your Day" Teresa Robinson, BS, Community Health Educator will discuss simple, effective stretching and toning exercises that can easily be done at work or home. She will provide a brief demonstration of some of the exercises.

We are inviting Clinicians, Clinics, RRP's, Case Management & Housing Providers to this FREE Workshop. Bring your clients – this could be a beneficial outing!

WORKSHOP INTEREST FORM - 60 SEATS AVAILABLE

NAME _____ ORGANIZATION _____

ADDRESS _____ CITY/ZIP _____

PHONE Work _____ Fax _____ Email _____

Number of Participants Attending: _____

Submit interest form by July 19, 2013 to:

AA Co. Mental Health Agency, Inc.

Attn: Jane Murphy
POB6675, MS3230

1 Truman Pkwy, Suite 101
Annapolis, MD 21401

Questions? Call 410-222-7858 • Fax: 410-222-7881 • Email: mhaaac@aol.com

"Healthy Living" Presenters:

- Ann Caldwell, RD,LDN
 - *Healthy Eating*
- Joanne Ebner, RN,TTS
 - *Reducing Cancer Risk*
- Toni Schiller, RN
 - *Heart Health*
- Amanda Larkins, M.S.
 - *Substance Abuse Prevention*
- Teresa Robinson, B.S.
 - *Physical Activity*

Let's Promote Healthy Living

- ▶ JULY 25, 2013
- ▶ 12:30–3:30 P.M.

WHERE:

Maryland Dept.
of Agriculture
50 Truman Pkwy
Annapolis, MD 21401

Light Refreshments

FREE



Collaboration & Partnerships

- ▶ 2014 AACMHA Program – emphasis on smoking cessation & substance abuse prevention
 - ▶ Neighboring counties have expressed interest in similar programs
 - ▶ Ongoing outreach & integration of tobacco cessation activities with other health promotion programs among high-risk populations
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Dispelling Misconceptions

- Adults with Mental Illness who smoke want & are able to quit
- Smoking is linked to *increased* depression & suicidal risk behavior
- Tobacco use does *not* harm mental health recovery
- Smoking is a lethal & *ineffective* coping strategy for managing stress

Reducing Tobacco-Related Health Disparities

- ▶ Make quitting tobacco part of overall approach to treatment & wellness *for everyone*
 - ▶ Reshape culture around smoking & mental health care
 - ▶ Support sustained, evidence-based tobacco control programs
 - ▶ Increase tobacco cessation training for Mental Health Professionals
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Educating Mental Health Clinicians

- ▶ Smoking Cessation for Persons with Mental Illnesses: A Toolkit for Mental Health Providers
 - <http://smokingcessationleadership.ucsf.edu>
- ▶ Bringing Everyone Along
 - *A Resource Guide for Providers*
- ▶ CHOICES – Consumers Helping Others Improve their Condition by Ending Smoking:
 - *A Multipronged Approach to Tobacco Control for Mental Health Professionals (New Jersey)*
- ▶ Psychiatry Rx for Change

Resources

- ▶ Smoking Cessation Leadership Center (SCLC)
 - *Getting tobacco Control on the Mental Health & Recovery Agenda*
- ▶ Tobacco Free for Recovery: Assisting Mental Health Consumers with Tobacco Cessation
(adapted from Rx for Change)
- ▶ The Power of Teamwork:
 - *Changing the Culture of the Clubhouse*
- ▶ Nurturing Connection:
 - *A Tobacco-Cessation Model for Low-Income Smokers with Mental Illness*

References:

- ▶ American Legacy Foundation: A Hidden Epidemic: Tobacco Use and Mental Illness. June 2011, Retrieved from: www.legacyforhealth.org
- ▶ Drach LL, Morris D, Cushing, C, Romoli C, Harris RL. Promoting smoke-free environments and tobacco cessation in residential treatment facilities for mental health and addictions, Oregon, 2010. Centers for Disease Control and Prevention – *Prev Chronic Dis* 2012; 9:110080, DOI: <http://dx.doi.org/10.5888/pcd9.110080>.
- ▶ Schroeder SA. Moving forward in smoking cessation: Issues for psychiatric nurses, 2009. *Journal of the American Psychiatric Nurses Association*, Vol. 15, No. 1. Retrieved from <http://jap.sagepub.com>
- ▶ Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (February 5, 2013). *The NSDUH Report: Smoking and Mental Illness*. Rockville, MD. Retrieved from: <http://www.samhsa.gov>
- ▶ Vital Signs: Adult Smoking: Focusing on People with Mental Illness. Feb. 2013 Retrieved from: <http://www.cdc.gov/vitalsigns/SmokingAndMentalIllness/>
- ▶ Vital Signs: Current Cigarette Smoking Among Adults aged \geq 18 Years with Mental Illness – United States, 2009–2011. Morbidity and Mortality Weekly Report (MMWR). Retrieved from: <http://www.cdc.gov/mmwr>